



COLLEGE ENDURANCE

For faculty/ staff by Roshon Jackson



SOME STUDENTS MIGHT STRUGGLE WITH THE CHALLENGES OF COLLEGE

- Many students drop out of college because they do not have the resources or support to help them.
- Research from college drop outs has shown that some of the factors can relate back to financial issues, family issues, or a sense of loneliness.
- By providing these resources to college students, we might be able to get students more excited about college and prevent dropouts.



WAYS TO PREVENT DROPOUTS.

- Creating social clubs that supports all of the students needs would be more helpful.
- By interviewing a college sophomore, I have found that he deals with the challenges of college by joining clubs and relying on his friends for support.
- Professors can explain to college students the importance of visiting office hours instead of just telling students the times.
- Explain to students how important it is to reach out instead of just explaining the expectations of college.
- Explain to students the importance of staying connected to family for emotional support.

APPROACHING ADVERSITIES

- Other way to help college students with the overwhelming work is to change the way the look at stress.
- One way to do that is to encourage college students to look at adversities as learning experiences.
- Professors can also explain to new incoming students to not give up if they come to a roadblock in their college career because "developmental crisis holds the opportunity to mature" (ruberman, 2014 p.104)



TARGET INCOMING FRESHMAN.

- By explaining all of the persistence methods to a young college student, the methods will be more likely to stick with the student.